

WEIGHT CONTROL • HEALTHY RECIPES • SPIRITUAL WELLNESS • LIVING HEALTHY

Demystifying Omega Oils: Your Comprehensive Guide

a barton publication

Boost Your Diet with 12 Anti-Cancer Foods

3 Strategies to Prevent Digital Eye Strain

Dehydration Risks for High Blood Sugar



Home Cures That Work

Unlock the secrets of fats and oils with our comprehensive article on omega oils from Dr. Scott Saunders. Discover the difference between fats, oils, and lipids, and gain valuable insights into essential fatty acids (EFAs), saturated and unsaturated fats, and the role of omega oils in your health. The right omegas have anti-inflammatory properties and are beneficial for your heart and brain health. Get ready to demystify the world of fats and learn how to make informed dietary choices.

We all know that eating healthy foods is good for us, right? But did you know that eating the right foods can also boost your body's ability to prevent and heal cancer? Try to eat at least one of the foods on this list every day, and every single one of these foods every week or two. I'm going to show you 6 foods that you can eat every day to help your body deal more effectively with cancer, and they're (mostly) things you're already eating.

A healthy body needs food – and water to work properly. Dehydration happens when the body loses more water than it takes in during the day, resulting in low fluid levels. Managing dehydration can be a particular problem for people living high blood sugar. If left unchecked, dehydration can become life-threatening, increasing the risk of kidney failure, seizures, and even coma. It is important to take early steps to rehydrate your body. Home Cures That Work is here to help for you!

Staring at a computer screen, even to read this month's issue, may be causing digital eye strain. With prolonged screen time, chronic vision syndrome may develop and cause headaches and other discomforts. Here are 3 easy strategies you can take to reduce your risk of eye strain and the symptoms that go along with it.

This issues serves as a valuable resource for understanding the critical role of omega oils, hydration, and anti-cancer foods in overall well-being, and offers practical advice to ensure that you can maintain optimal health levels in your daily life, on and off the screen!

For your health,

Cheryl Ravey,
Editor, Home Cures That Work

AUTHORS



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Dr. Scott D. Saunders, M.D. is a practicing physician, specializing in preventative health care, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine. View natural remedies with Dr. Saunders at: <http://drsandersmd.com>



DEMYSTIFYING OMEGA OILS: YOUR COMPREHENSIVE GUIDE

Omega oils play a crucial role in our health. By understanding the differences between omega-3, omega-6, and omega-9 oils, you can make mindful dietary choices that will optimize your fat intake for better well-being.



DEHYDRATION'S HEIGHTENED RISKS FOR INDIVIDUALS WITH HIGH BLOOD SUGAR

It's clear that inadequate water intake can make blood sugar control more difficult. So how can you make sure you're getting enough water? Read for more tips!

BOOST YOUR DIET WITH 6 FOODS THAT FIGHT CANCER

A varied diet rich in these whole foods may help lower your risk of developing cancer and decrease cancer growth.

3 EFFECTIVE STRATEGIES TO PREVENT COMPUTER VISION SYNDROME

Here are 3 easy steps you can take to reduce your risk of eye strain and other common symptoms of computer vision syndrome:



DEMYSTIFYING OMEGA OILS: YOUR COMPREHENSIVE GUIDE

by Dr. Scott Saunders, M.D.



Everything you
ever wanted to
know about fat
— and more!

What is the difference between oils, fats, and lipids?

Fat = oil = lipid

“Lipid” is the general term for all fats and oils. Originally, “fat” referred to lipids that are solid, and “oil” referred to lipids that are liquid, at room temperature.[1] This is less important now that we know the chemical structure of the molecules, so we can use them interchangeably. And to be clear, we are only talking about life, NOT about the mineral oils that come from petroleum.

EFA – Essential fatty acids, which are like vitamins, are required for life, and we must eat them because we can’t make them. These include omega 3 and omega 6 PUFA.

PUFA – Polyunsaturated fatty acids are long-chain fatty acids that have multiple double bonds. They are made by plants and include omega-3 and omega-6 EFA.

These are also called: HUFA – highly unsaturated fatty acids.

Lipids are long chains of carbon atoms that have no polarity, so they do not dissolve in water. In the body, they generally have a molecule at one end that is water soluble, allowing them to function. For example, our cell membranes are made of fats called phospholipids.

Because blood and body fluids are water-based, the “hydrophobic tails” of the oil is a long chain of carbons that reject water stick together, and their “hydrophilic heads” that are attracted to water stay on the outside. These “heads” are phosphate, which attracts water. Thus, there can be water-based fluid on both sides, creating a membrane barrier between the inside and outside of cells.

What are fatty acids?

These are just lipids with long chains of carbons, that have an acid (carboxyl) group on one end of the chain – where the phosphate would be in the phospholipids. The fatty acid is the basic building block of oils in the body and is converted for various uses, such as phospholipid membranes, leukotrienes, or hormones.

unsaturated fats?

There are two main kinds of oils used in cell membranes and in the body:

1. Saturated
2. Unsaturated

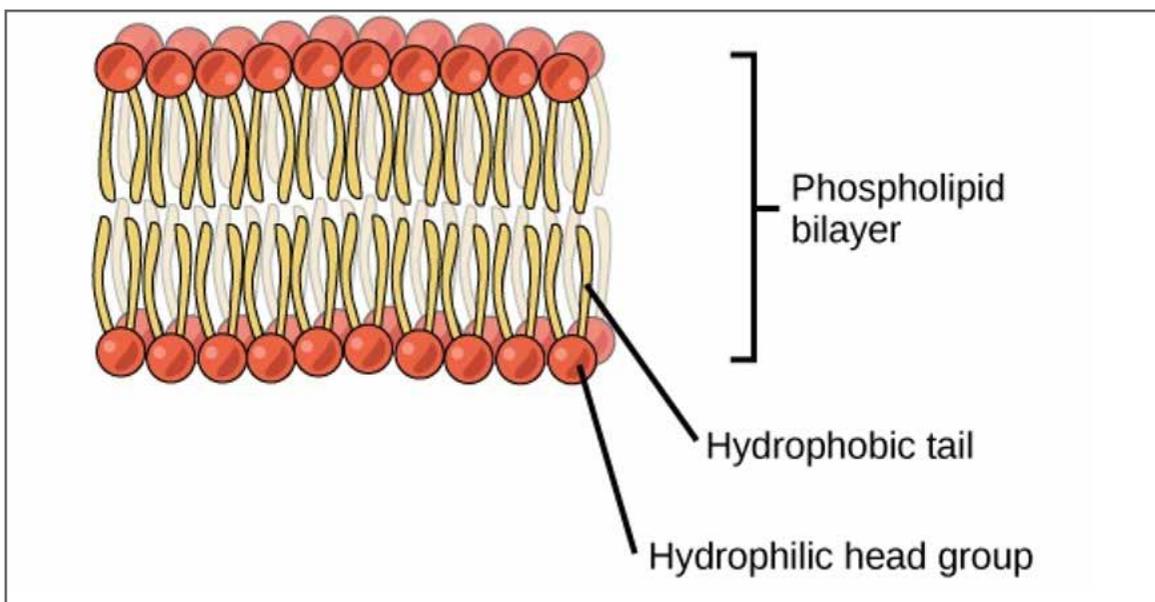
Your body makes saturated fats or eaten as animal fats, butter, or coconut oil. They are generally solid at room temperature. Saturated fats have a long chain of carbons that are all filled with hydrogen atoms, making them strait so they stick together easily, that’s why they’re solid. Saturated fat is not the enemy it has been made out to be. The problems that are seen with coronary artery disease are not related to saturated fat.[2] Heart disease comes from inflammation, and clots in the arteries, caused, in part, by omega-6 and partially-hydrogenated oils with trans-fats. Feel free to eat saturated fat.

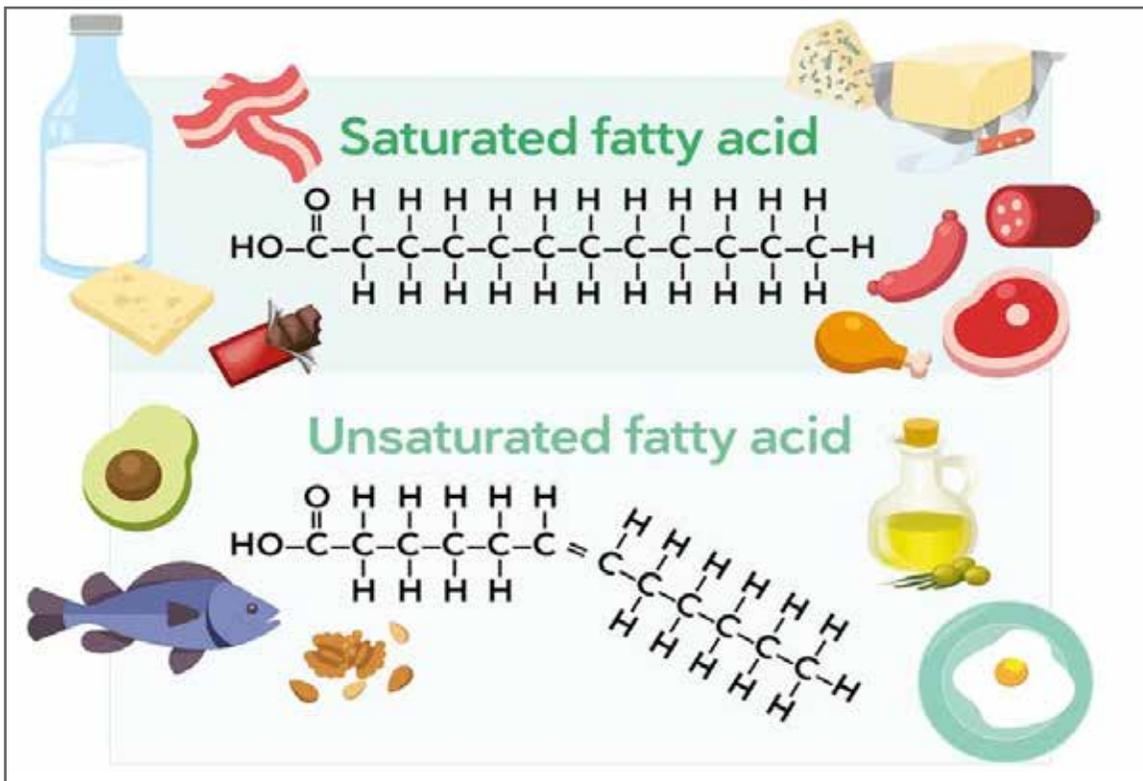
Unsaturated fats come from plants, such as corn, soy, or flaxseed oil, and are called PUFAs (Poly-Unsaturated Fatty Acids). Olive oil and canola oil are primarily “monounsaturated” having only one double-bond. Unsaturated means there are places in the chain where there is only one hydrogen on the carbon, making a double bond between the two carbon atoms. Plants make unsaturated fats. We can get them from fish, but the fish get them from algae and plankton. If chicken, pork, and beef have omega 3 or 6, they get it from eating plants. The unsaturated fats are irregular, so they are more liquid.

The carbon with the carboxyl group (where you see the “HO-”) is the first carbon atom, and the “omega” carbon is the last one. Thus, “omega-3” means the first double bond is on the third carbon from the omega end. Omega 6 has the first double bond on the sixth carbon from

What are lipids?

What are saturated and





the omega end, as in the “Unsaturated fatty acid” illustration above (which is a mono-unsaturated fatty acid).

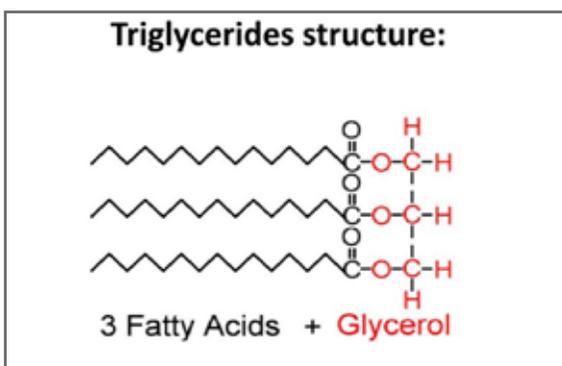
molecule and stored in your fat cells as well.

What are triglycerides?

When these fatty acids are bound together in groups of three by a three-carbon alcohol called glycerol, they are called triglycerides.[3]

Triglycerides are the storage form of fat. This is the fat that is in your fat cells. It contains both saturated and unsaturated fatty acids, depending on the diet and genetic factors. If the fat is made in your body, it is mostly saturated fatty acids, with a small amount of monounsaturated fats. If you have a diet high in

PUFA, these will be attached to a glycerol



What is rancid oil?

PUFA omega 3 and omega 6 oils can oxidize and become rancid. This mostly affects the flavor of food, but the oxidized oils also act as immune modulators, causing inflammation.

It is interesting to look at the PUFA content of foods to see which are stable. For example, in the chart below, look at both safflower oil and coconut oil. They are both stable because they have very little PUFAs and can be heated. But both soybean and flaxseed oil are not suitable for frying because they oxidize easily when heated. This is why scientists developed hydrogenated oils. This is also the reason to make sure your oils are “cold-pressed” and not heated during processing.

What are hydrogenated

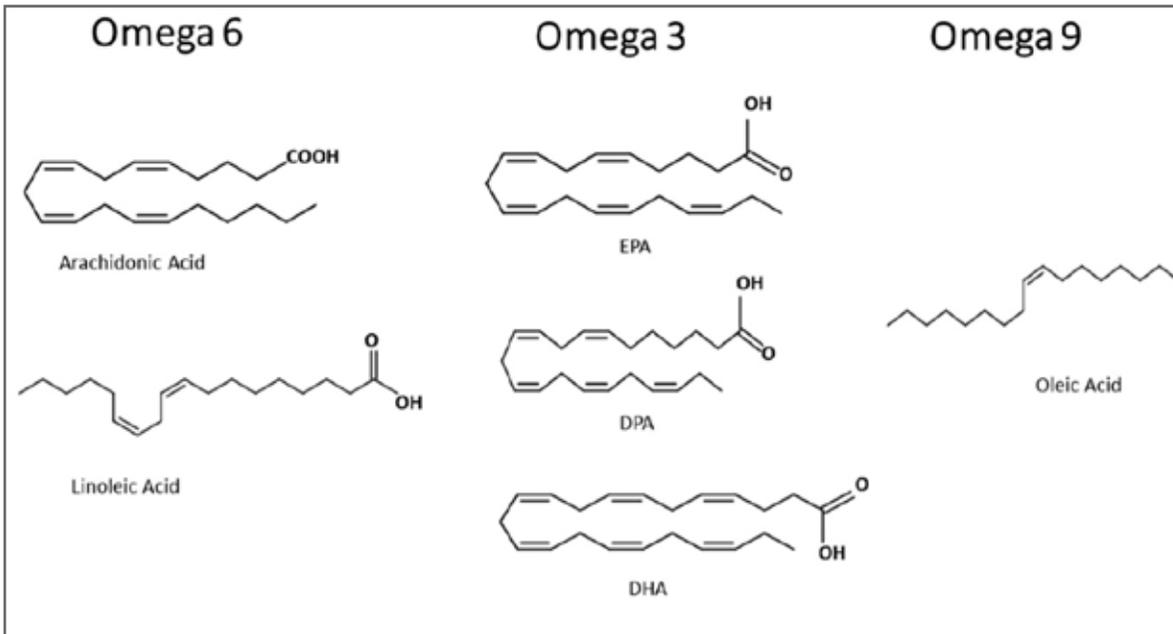
oils and “trans-fats?”

PUFAs are cheap, but they are liquid and oxidize easily so they don’t last long, causing food to spoil. Because saturated fats work better for baking, cooking, and preserving food, but animal fat is expensive, chemists devised a way to “saturate” the unsaturated fats with hydrogen. This made saturated fats plentiful, but also added the problem of “trans-fats.” During the chemical reaction, some get a configuration called “trans-fat” the body cannot use it. It becomes toxic, the fat cells store the trans-fat and membranes use it. This can lead to inflammation, heart disease, and cancer.[4]

Why are the omega PUFAs so important?

The “omega” oils are essential for life but our body cannot make them – we must eat them. What’s more, how much of each we eat determines how the body functions. We need them to make hormones and membranes. Without PUFAs we cannot make a single cell. For example, the DHA (omega 3) fat in the brain membranes makes them more fluid and allows signals to get into the brain cells. Without DHA the brain cannot function. Also, without the cell signaling of the omega 6 oils, we would not be able to activate the immune system and would die of infection.

What is the difference between omega 3, 6 and 9?



Omega 3 and omega 6 are EFA: Essential Fatty Acids. The body requires EFAs to function, and we cannot make them. On the other hand, omega 9 is also needed, but we can make it, so it isn't essential that we eat it. The size and structure of each is similar, except for the first double-bond from the "omega" end of the long chain. Each angle in the illustrations below[5] represents a carbon and 2 hydrogens. Unless there are two lines, then there is only one hydrogen on each carbon. That's why they are called "UN"-saturated.

What is omega-9 oil?

Most foods have omega-9 fat. But safflower oil, avocado oil, canola oil, olive oil, and macadamia nuts, as well as all animal fats are high in omega-9. Omega 9 oils are also called monounsaturated oils because they only have one double bond at carbon number 9. These are not EFAs because we can make them. Eating these oils promotes the use of fat for energy, which helps metabolism, lowers blood sugar, prevents heart disease, and increases weight loss, for example. It is good to replace omega 6 oils like corn oil with omega 9 such as olive oil.

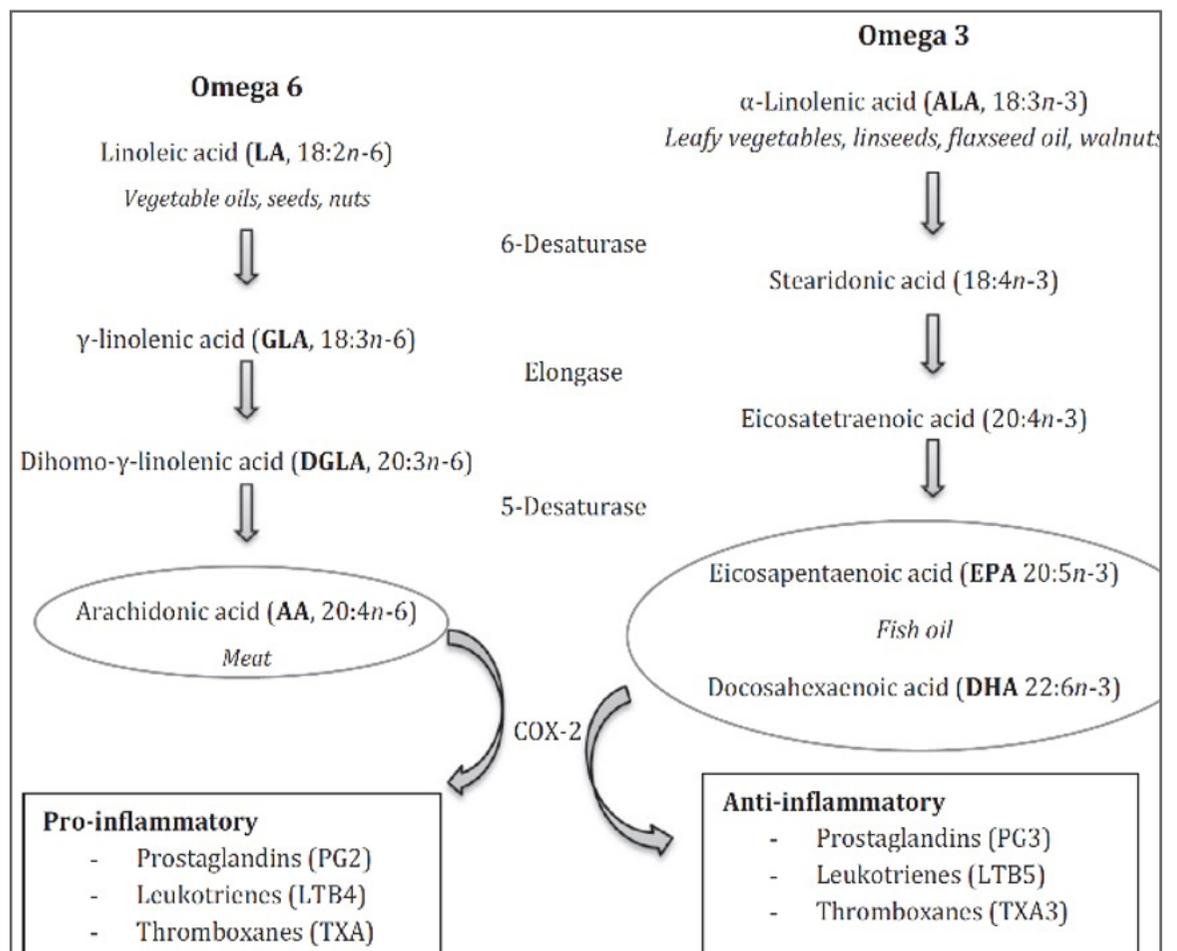
How do EFAs affect inflammation?

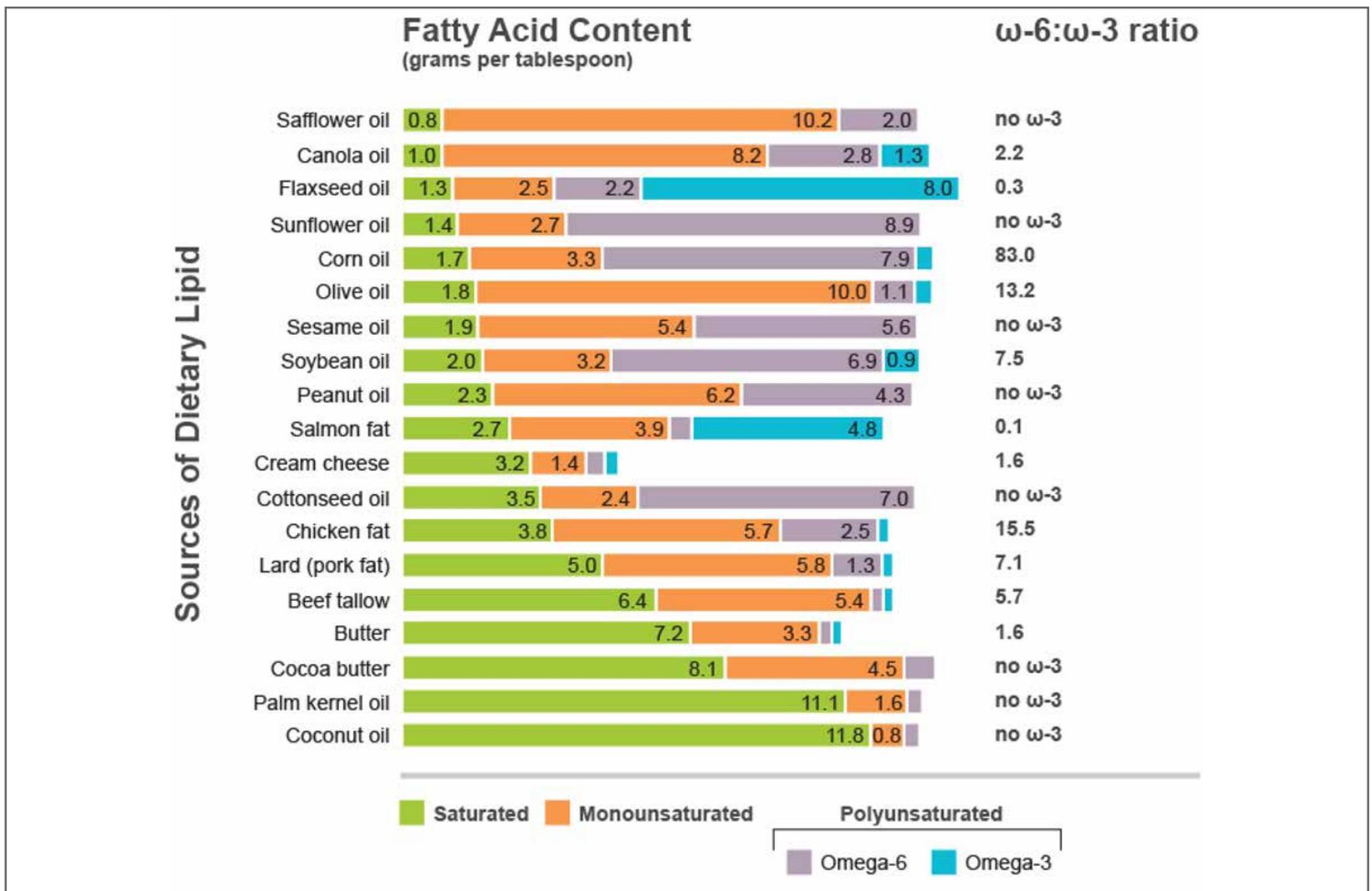
Immune function requires omega 3 and omega 6 fats. They balance inflammation: generally, omega 6 facilitates inflammation to help healing, and omega 3 suppresses inflammation and prevents

damage to cells. The balance between them is essential. The Omega 3 and omega-6 oils use the same enzymes to produce all the EFA needed in the body. [6] In the following illustration, the various omega oils are on the outside, with the enzymes in the middle.

It is not necessary to eat all the different essential fatty acids, if we only have one, the body can make the others. In other words, we only need linoleic acid on the omega-6 side, and the body makes all the others by using the enzymes in the illustration. On the omega-3 side, if we only had alpha-linolenic acid, we could make all the other omega-3 fatty acids.

In our food supply, we have a large amount of omega-6 oils, and few sources of omega-3. This causes excess pro-inflammatory hormones causing inflammation. Inflammation is implicated in multiple diseases including arthritis, autoimmune disease, Alzheimer's Disease, diabetes, heart disease, and so forth. Trans fats and rancid PUFA also contrib-





ute to inflammation. Thus, it is important to balance these EFA so you can have enough inflammation to remove infections, but not too much to cause these diseases.

What foods contain EFA and in what amounts?

It is not so much the amount, as the percentage of oils that make the difference. Too much omega 6 increases inflammation. The omega-6 to omega-3 ratio should ideally be around 1:1, meaning you eat about the same amount of omega-3 as omega-6. Different oils have very different compositions of omega 6 and omega 3. The following is a graph of the composition of oils. Some of the oils have no

omega-3 at all.[7]

Do I have to eat fat?

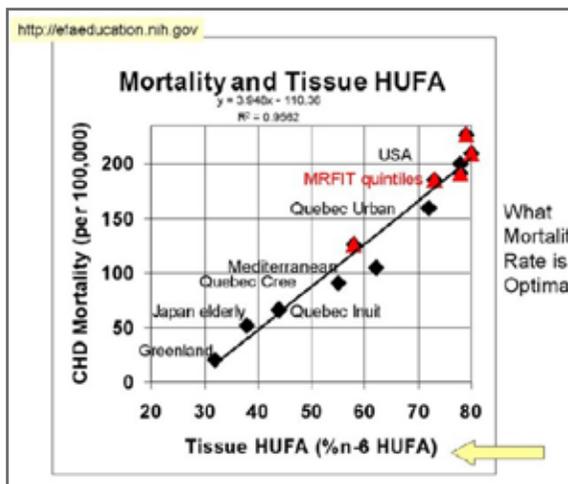
Besides oils used in cooking, the foods we eat all have some fat content. We don't think of broccoli as a good source of oil, but it has about 100 milligrams of omega-3 oil in a cup of broccoli. All vegetables contain some EFA. Vegetables are higher in omega 3 than omega 6 – between two and ten times as much.[8] So, while the vegetables themselves have little oil, they have a great ratio so over time there is a great benefit. Some people spend a lot of money on supplements such as krill oil, which has about 200 milligrams of omega-3 in a capsule. Two cups of broccoli would be about the same! Since they have significantly more

omega-3, vegetables are a good source of oil.

Fish is a good source of omega-3 with

low levels of omega-6. Farmed fish has about three times as much fat as wild fish and about four times as much omega-3 as omega-6. But wild salmon has about twelve times more omega-3.[9] Thus, although wild-caught has a better profile, farmed salmon has more fat, and ounce-for-ounce has more omega-3.

Grass-fed animal fats have a better EFA ratio than grain-fed because grass has about 1:8 omega-6 to omega-3. In beef, for example, the omega-6 to omega-3 ratio is about 2:1 in grass-fed cattle and about 5:1 in those that are grain-fed. [10] Since butter is mostly saturated and monounsaturated fat, the grass-fed variety may be less important. Even if you



eat grass-fed beef, consider that it still has more omega-6 than omega-3. Lamb and pork are also about 4:1 omega-6 to 3 ratio. In the final analysis, the more vegetables and fish you eat, the better your fat profile will be, and the less meat, chicken, pork, and lamb the better. It would also be wise to avoid any fried foods, chips, crackers, cookies, and so forth as they are often fried in rancid oils containing trans-fats and oxidized fats.

What is the right amount of EFA?

Even though both types of EFA are essential for life, there is a big difference in their effect, as noted above. Omega-6 causes inflammation, leading to disease. The following graph[11] illustrates the percentage of omega-6 in the tissues (blood) of various areas of the world. Notice that as the relative amount of omega-6 PUFA goes up, the death rate from heart disease goes up in that area.

This graphic is amazing! It is clear: **FAT MAKES A DIFFERENCE!!!** In Greenland, where they live on fish, and have no significant source of omega-6 oils, they have the lowest death rate from cardiovascular disease. Their ratio of omega-6 to omega-3 is around 1:3. Wherever the ratio is 3:1, as recommended by the U.S.

government, the cardiovascular death rate is six times higher. It seems that when it comes to omega-6 EFA, lower is better. However, there is no way to completely avoid omega-6 fats in your diet. Look at the chart above with the list of oils – none of them are devoid of omega-6. However, there are many that are missing omega-3.

Grains all have a terrible omega-6 to omega-3 ratio of 10:1 to 30:1. So even oatmeal with a 10:1 ratio is not healthy for your heart, especially if you add PUFA to it, like granola. This is the same for all grains: corn, wheat, oats, rye, barley, and so forth.

The only diet shown to reverse heart disease is a very low-fat vegan diet. It seems that this works because there would be very little omega-6 fat and relatively much more omega-3. I think a “pescatarian diet” like in Greenland or Japan, would be even better. All the misinformation about heart disease is terrible: It’s not about cholesterol or saturated fat: It’s about the omega-6 to omega-3 ratio!

How do I keep my omega EFA balanced?

Supplement marketing tells us to take in more omega-3 oil – by buying pills. It seems the better way may be to lower the omega-6. It is not so much the amount, but rather the percentage of the various PUFA’s that are in our food. The balance between fatty acids determines whether we make more inflammation or less. The great thing about this is that it’s easy to balance your EFA. The graph above indicates that less omega-6 is better. The take-home message is: Avoid omega-6 fats. That is really easy – read the chart of different oils above, and don’t eat

anything with:

- Sunflower oil
- Cottonseed oil
- Corn oil
- Soy oil
- Peanut oil
- Sesame oil

This will cut out almost every kind of prepared food, fried foods, pastries, cakes, cookies, and so forth. But avoiding omega-6 is only part of the story, the other half is to increase omega-3.

What about taking omega-3 supplements?

It is ideal to get your oils from fresh and natural foods, but it seems that most Americans need supplements. Consider the amount of omega-3 that is in the following supplements:

- Fish oil capsule 1 gram
- Flaxseed (1 TBS) 2 grams
- Krill oil: 0.24 grams (Contains multiple EFA)
- Cod Liver Oil (1 tsp) 0.9 grams (Also has vitamin A and Vitamin D)
- ALA (from flaxseeds) 0.6 grams
- Algal oil 0.25 – 0.9 grams (Vegan DHA)

When you consider the large amount of fat that is eaten every day, about 100 grams[12], the amounts of omega-3 oils

in the supplements is small, mostly less than 1%. This is why it might be wise to avoid foods that are high in omega-6 oils and still take supplements with omega-3. Above all, don't take any supplements that contain omega 6 EFA.

What is the bottom-line recommendation?

- Eat omega-3 eggs.
 - Eat whole foods with omega-3 oils (vegetables, wild-caught small fish)
 - Add whole flaxseed or chia seeds to your food (grinding causes oxidation).
 - Use olive oil, butter, or coconut oil sparingly for cooking.
 - Take an omega-3 supplement – fish oil – 1-2 grams per day with a meal.
- Avoid omega-6 oils (vegetable oils) ►
 - Avoid hydrogenated oils, especially “partially hydrogenated oil”
 - Eat meat, chicken, pork sparingly, grass-fed.

Sources: [1] <https://www.bbc.co.uk/bitesize/topics/zf339j6/articles/zkhdqhv> [2] https://www.bmj.com/content/351/bmj.h3978?ijkey=dc384bf2532d890f03a9f7019e4c4f7d544594d9&keytype=tf_ipsecsha [3] <https://www.slideserve.com/julie/triglycerides> [4] <https://health.clevelandclinic.org/why-trans-fats-are-bad-for-you/> [5] https://www.mdpi.com/ijms/ijms-21-04489/article_deploy/html/images/ijms-21-04489-g001.png [6] <https://medschool.cc/wp-content/uploads/2020/08/E59C96E78987202.png> [7] <https://herbscientist.com/wp-content/uploads/2013/10/omega-6-vs-omega-3-oil-content.jpg> [8] <https://tools.myfooddata.com/nutrient-ratio-tool/Omega-3/Omega-6/Vegetables> [9] <https://www.sciencedirect.com/science/article/pii/S0022316622104773?via%3Dihub> [10] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8728510/> [11] <http://wholehealthsource.blogspot.com/2008/09/omega-fats-and-cardiovascular-disease.html> [12] https://www.healthline.com/nutrition/how-much-fat-to-eat#TOC_TITLE_HDR_6



Dehydration's Heightened Risks for Individuals with High Blood Sugar

DEHYDRATION IS UNIVERSALLY recognized as an unpleasant state, characterized by sluggishness and irritability. Yet, its consequences extend beyond mere discomfort. Robert Rizza, MD, an emeritus professor of medicine at Mayo Clinic College of Medicine and Science in Rochester, Minnesota, explains that dehydration impairs blood circulation to vital organs such as the heart, brain, kidneys, and muscles. As a result, organ function becomes compromised, contributing to a sense of malaise. Research even suggests that mild to moderate dehydration can impair blood vessel function and blood pressure regulation, even among individuals in good health.

Dehydration's Heightened Risks for Individuals with High Blood Sugar

For those managing high blood sugar, dehydration poses a more significant threat. This is due to the fact that dehydration triggers a drop in blood pressure and stimulates the release of stress hormones like norepinephrine and epinephrine. These hormones can elevate blood sugar levels, a phenomenon clarified by Rizza. Elevated blood sugar often leads to increased urination, fostering a cycle of heightened dehydration.

A study conducted on a small group of men who underwent an oral glucose

tolerance test under various hydration statuses revealed a noteworthy finding. Among individuals with type high blood sugar, as little as three days of suboptimal water intake (ranging from 17 to 34 ounces per day) hindered blood sugar response. This effect of dehydration was attributed to an upsurge in cortisol, a stress hormone that triggers glucose release. In contrast, participants who consumed the recommended water intake of approximately 100 ounces demonstrated better blood sugar control.

Although further research is necessary to delve into the chronic impact of dehydration on metabolic measures, individuals with high blood sugar are advised to adhere to the guidelines set by the National Academy of Sciences. These recommendations stand at 91 ounces per day for women and 125 ounces per day

for men, including water-rich foods like fruits and vegetables in the diet.

Exploring the Nexus Between Dehydration and High Blood Sugar

While dehydration's association with severe health issues is recognized, the link between chronic dehydration, heightened blood sugar levels, and the risk of high blood sugar has received less attention.

Rizza notes, "Dehydration has been suggested to contribute to a variety of things, but not high blood sugar."

However, Anna Simos, MPH, a certified high blood sugar care and education specialist at the Stanford Health Care Diabetes Education and Prevention Program in Palo Alto, California, points to a potential connection. A study monitoring healthy adults over nine years revealed a negative correlation between self-reported water intake and the risk of elevated blood sugar. Individuals consuming less than half a liter of water per day exhibited a higher susceptibility to increased blood sugar compared to those consuming over a liter.

Researchers speculate that dehydration could elevate vasopressin, a hormone that prompts water retention by the kidneys, and glucose production by the

liver, thereby impacting insulin regulation over time. While one study argued that evidence linking various health conditions, including high blood sugar, to dehydration, remains insufficient, the connection between dehydration and kidney stones was affirmed.

In conclusion, more research is needed to elucidate the intricate relationship between dehydration and high blood sugar. Nevertheless, maintaining proper hydration remains essential for overall well-being. Irrespective of the exact mechanisms at play, ensuring adequate water intake contributes to more stable blood glucose levels, as affirmed by Simos and Rizza.

4 Tips for Staying Hydrated for Effective High Blood Sugar Management

Though certain aspects of dehydration's interaction with high blood sugar require further exploration, the importance of staying hydrated for optimal health is indisputable. Rizza and Simos offer practical recommendations for maintaining hydration while managing high blood sugar:

Balance salt intake: While excessive salt consumption can elevate blood pressure, a moderate intake is necessary for

maintaining electrolyte balance, critical for hydration. Consult your doctor, especially if you have high blood pressure, to determine suitable salt intake.

Monitor blood glucose levels during hot weather: Dehydration is more likely in hot conditions. Staying hydrated can help manage blood glucose levels, benefiting insulin regulation. Store blood glucose test strips and insulin in a cool, dry environment to maintain their efficacy.

Opt for hydrating snacks: Select water-rich snacks like melon or frozen grapes to supplement hydration. Hydration isn't solely reliant on liquids.

Listen to your body's thirst cues: Prioritize staying hydrated to manage high blood sugar effectively. Adequate fluid intake sustains the equilibrium with glucose molecules, contributing to more stable blood glucose levels.

In essence, while ongoing research is necessary to comprehensively comprehend the dynamics between dehydration and high blood sugar, prioritizing hydration remains a cornerstone of high blood sugar management. By integrating these expert recommendations, individuals can take proactive steps towards safeguarding their health and mitigating the potential impact of dehydration on high blood sugar.



BOOST YOUR DIET WITH 6 FOODS THAT FIGHT CANCER

Cancer-Fighting Foods: A Vital Addition to Your Diet

CANCER, A GLOBAL health challenge, impacts millions annually, with over 1.9 million new cases reported in the U.S. in 2022. However, there's promising news: the inclusion of specific foods, known as cancer-fighting foods, can play a significant role in combatting this disease. Cancer is a complex ailment with multifaceted causes, encompassing factors

such as poor dietary habits, toxin exposure, nutrient deficiencies, and genetic predisposition. A powerful preventive and therapeutic strategy involves adopting a nutrient-rich diet that embraces cancer-fighting foods while avoiding substances linked to increased cancer risks.

In our intricate modern food landscape, deciphering healthy choices can be overwhelming. The ingredients in highly

processed foods have been associated with a range of health issues, including cancer. Even the preparation of otherwise beneficial foods can unintentionally categorize them as cancer-promoting, while inadequate consumption of cancer-fighting foods persists.

Though comprehensive reform within the food industry remains pending, it's up to individuals to steer clear of harmful



options and prioritize cancer-fighting foods. Today, the combined application of chemotherapy and nutritional therapy is saving countless lives among cancer patients. This dual approach supports the body's comprehensive healing journey, which can be arduous and protracted. While more research is necessary for cancer prevention, here are guidelines for transitioning toward an anti-cancer diet featuring cancer-fighting foods. Ensuring Adequate Consumption of Cancer-Fighting Foods "Cancer" encompasses over 100 distinct cellular disorders. Characterized by uncontrolled cell division leading to abnormal growth, cancer's potential consequences are diverse, encompassing invasion into nearby tissues and even spreading throughout the body.

To address this, incorporating

cancer-fighting foods rich in antioxidants and anti-inflammatory phytonutrients is crucial. This entails sidestepping processed foods and embracing options free from antibiotics, chemicals, and toxins. Opting for organic, grass-fed, pasture-raised, and additive-free foods can substantially diminish the dietary burden of toxins. A European Prospective Investigation into Cancer and Nutrition (EPIC) study from 2010 explored dietary factors associated with cancer risks. Findings published in the European Journal of Cancer indicated significant links between cancer risk and low intake of specific nutrients.

The study revealed an inverse correlation between higher consumption of vitamin C, carotenoids, retinol, α -tocopherol, and fiber, and overall cancer risk. Observing over 519,978 participants across 10

European nations, the study highlighted that those closely adhering to a Mediterranean-style diet exhibited superior cancer protection. Elevated consumption of cancer-fighting foods such as vegetables, fruits, fish, calcium-rich foods, and fiber correlated with reduced risks of colorectal, lung, and breast cancers. Conversely, heightened intake of red and processed meats, alcohol, unhealthy body mass index (BMI), and abdominal obesity raised cancer risk. Physical activity and sufficient vitamin D intake also played a role in lowering cancer susceptibility.

12 Noteworthy Cancer-Fighting Foods



1. LEAFY GREEN

Vegetables Leafy greens, like spinach, kale, and collard greens, form the foundation of a healthful diet. Packed with vitamins, minerals, antioxidants, and enzymes, these greens offer benefits while being low in calories, fats, and sodium. They contain antioxidants such as vitamin C and beta-carotene, which combat cancer. Their glucosinolates possess antibacterial, antiviral, and anti-cancer properties, preventing tumor formation and metastasis.

2. CRUCIFEROUS VEGETABLES

Cruciferous vegetables, including broccoli and cabbage, stand out as cancer fighters. Rich in glutathione, an antioxidant with potent free-radical-scavenging abilities, these vegetables also contain sulforaphanes and indoles. These antioxidants and detoxifying enzymes protect DNA structure and stimulate detoxification.

3. BERRIES

Berries boast high ORAC scores, making them top-tier antioxidants. Blueberries, raspberries, and strawberries are replete with immune-boosting vitamins like C and A. Proanthocyanidins in berries have been linked to anti-aging effects, while phenols, zeaxanthin, lycopene, and polysaccharides contribute to their benefits.

4. BRIGHTLY COLORED FRUITS AND VEGGIES

Richly pigmented plant foods offer phytochemicals like carotenoids, including beta-carotene, found in citrus fruits, sweet potatoes, and berries. These compounds bolster immune function and counteract free radical damage. Carbohydrate-rich veggies, such as sweet potatoes, have also shown potential in reducing cancer risks.

5. FRESH HERBS AND SPICES

Turmeric's active ingredient, curcumin, demonstrates powerful anti-cancer properties. Combined with black pepper, turmeric's absorption is enhanced, aiding inflammation reduction. Other herbs and

spices like cilantro, ashwagandha, and galangal exhibit inflammation-reducing and cancer-fighting qualities.

[Choose our multi-source turmeric blend](#) and step into a life of vitality and comfort.

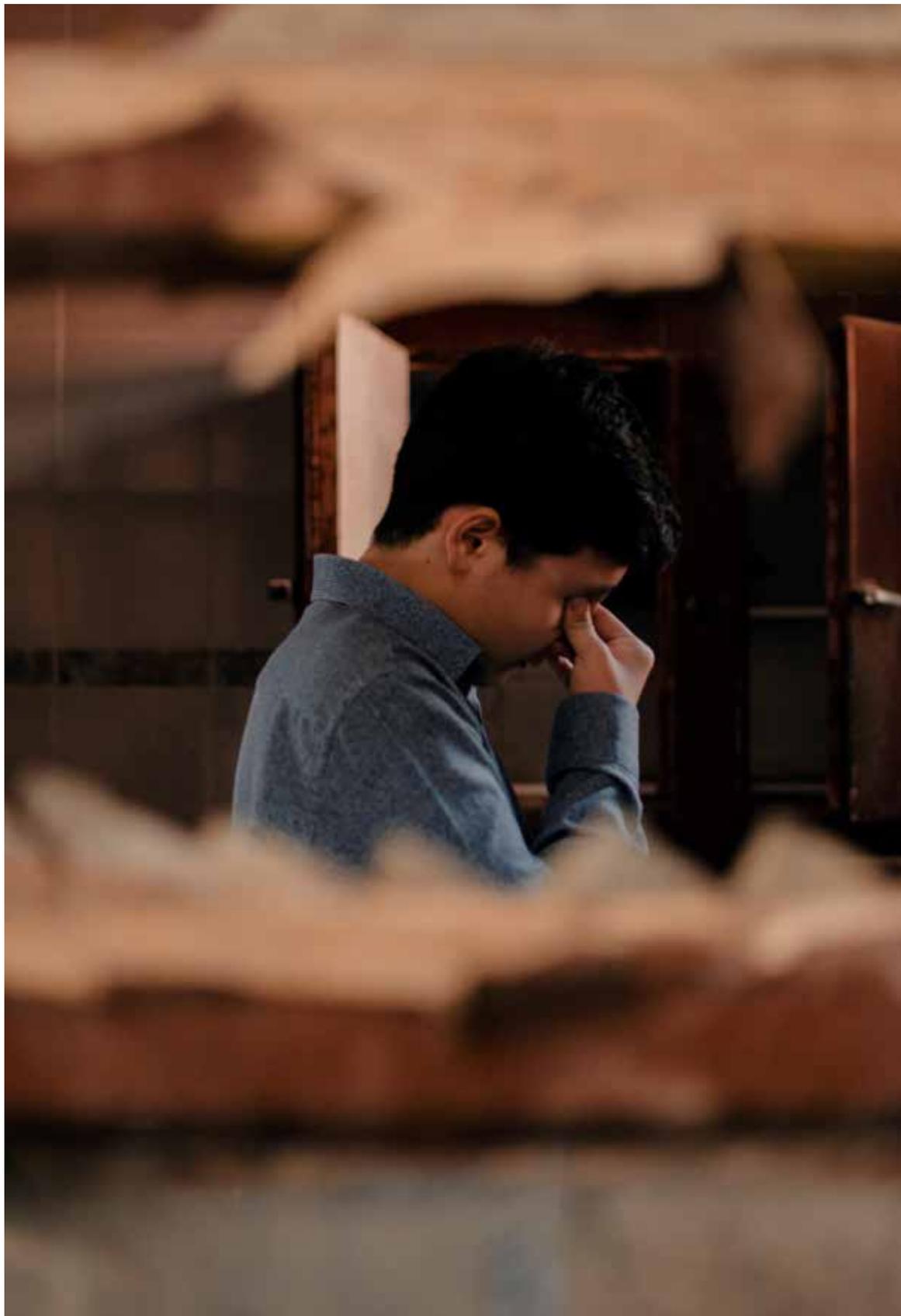
6. ORGANIC MEATS

Organic meats like beef or chicken liver are rich in vitamin B12 and minerals, aiding liver function and toxin elimination. These nutrient-dense choices support blood purification, hormone balance, and immune strength. In conclusion, cancer-fighting foods present a formidable strategy against this complex disease. Incorporating these foods into your diet can contribute.

In conclusion, cancer-fighting foods present a formidable strategy against this complex disease. Incorporating these foods into your diet can contribute significantly to your overall well-being.

3 EFFECTIVE STRATEGIES

to
Prevent
Computer
Vision
Syndrome



IN TODAY'S DIGITAL age, the prevalence of eye-related issues, including vision problems, has surged due to extensive screen time. Whether it's desktops, laptops, or smartphones, our daily routines are intertwined with screens. While reducing computer usage might be advisable, the omnipresence of smartphones makes it challenging to evade the risks of computer vision syndrome and dry eye inflammation.

Rather than relying solely on treatment, adopting preventative measures can prove more beneficial. Here are three tips to help you avoid computer vision syndrome.

1. Embrace the Night Light Feature

Many computers and smartphones offer a night light feature that reduces the emission of blue light—the primary culprit behind computer vision syndrome. Although activating this feature may tint your screen with a reddish hue, your eyes will undoubtedly appreciate the relief. Writers, in particular, can benefit from using the night light feature. By mitigating eye strain, it enables them to work more comfortably for extended periods. Recognizing that avoiding screens is not

always possible, consider using the night light feature as a permanent solution.

2. Prioritize Proper Posture

Computer vision syndrome encompasses more than just eye strain; it often leads to neck, shoulder, and body discomfort, exacerbated by prolonged screen exposure. Distractions inherent to computers can cause people to maintain uncomfortable positions for hours on end. While seemingly inconsequential initially, consistently adopting poor posture can result in persistent pain that takes just as long to alleviate as it did to develop. Practicing proper posture not only reduces eye strain but also minimizes the likelihood of musculoskeletal discomfort.

3. Take Regular Breaks

The root cause of many eye strain problems lies in the absence of regular breaks. Simply dedicating a few minutes to rest your eyes every hour can significantly alleviate the strain. Despite this straightforward approach, the allure of the internet often leads people to extended

screen sessions. Exercising self-discipline in adhering to break schedules can effectively combat the effects of computer vision syndrome. Similar to other aspects of physical health, cultivating discipline in eye care can yield substantial long-term benefits. While mastering this discipline might present challenges, the rewards in terms of improved eye health are well worth the effort.

In conclusion, safeguarding your eyes from the perils of computer vision syndrome necessitates proactive measures. Implementing the night light feature, maintaining proper posture, and incorporating regular breaks into your screen routine can collectively contribute to preserving your eye health. As digital devices continue to be integral to modern life, prioritizing

Preventive strategies remain crucial for the well-being of your eyes.





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